

Employee Wellness Needs Assessment

What programs or topics would interest you? (Please check all that apply)

Physical Activity Programs

- ☐ Body Fat Testing
- ☐ Reduced Fitness Club Membership Rates
- ☐ Exercise Tolerance (Stress Testing)
- ☐ On-site Low Impact Exercise Equipment
- ☐ Prescribed Exercise Programs

- ☐ Yoga Classes
- ☐ Dance Classes
- ☐ Walking Program
- ☐ Walking Clinic
- ☐ Other

Health Topics

- ☐ Cancer Prevention
- ☐ Heart Disease Prevention
- ☐ Stroke Prevention
- ☐ Smart Shopping
- ☐ Dining out Healthy
- ☐ Healthy Snacks for kids
- ☐ Kids in the Kitchen
- ☐ Label Reading
- ☐ Quick and Easy Meals for Busy People
- ☐ General Nutrition
- ☐ Weight Management
- ☐ Hypertension
- ☐ Cholesterol Reduction
- ☐ Healthy Holiday Eating

- ☐ Helping Kids Grow up Healthy
- ☐ Diabetes Management
- ☐ Fad Diets and Supplements
- ☐ Osteoporosis
- ☐ Prenatal Nutrition
- ☐ The Breastfeeding Mom
- ☐ Home Safety
- ☐ Immunization
- ☐ Substance abuse
- ☐ Secondhand smoke
- ☐ Smoking Cessation
- ☐ Hepatitis
- ☐ Sexually Transmitted Diseases
- ☐ Other _____

Employee Assistance Programs

- ☐ Healthy Back Class
- ☐ Stress Management
- ☐ Parenting
- ☐ Depression
- ☐ Home Safety

- ☐ Financial Management
- ☐ Time Management
- ☐ Managing Chronic Pain
- ☐ Other _____

Please indicate how likely you would be to participate in an employee wellness program during the following times:

	Extremely Likely	Somewhat Likely	Somewhat Unlikely	Unlikely
Before Work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After Work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During Lunch (at work)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During Work Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What would motivate you to participate in a wellness program at work?

- ☐ Exercise class on site
- ☐ Educational classes on site
- ☐ Walking Club
- ☐ Demonstrations

- ☐ Support Groups
- ☐ Buddy Systems
- ☐ Incentives
- ☐ Other _____

Do you have other suggestions for employee wellness? _____
